Directions for Wellness : 2005-2006

A Summary of First Nations and Inuit Health Branch Programs in the Northwest Territories

Northwest Territories Health and Social Services

March 2007

Message from the Minister

As Minister for Health and Social Services, it is my pleasure to present the report, Directions for Wellness 2005-2006: A Summary of First Nations & Inuit Health Branch Programs in the Northwest Territories.

The Directions for Wellness report is unique in that it focuses solely on programs that are designed with input from, the many Aboriginal groups in the Northwest Territories.

Information has been compiled about six federal First Nations and Inuit Wellness Programs implemented in 32 communities in the Northwest Territories between April 1, 2005 and March 31, 2006. These programs are targeted specifically to Aboriginal northerners.

This report clearly outlines how our Government works with communities to achieve their wellness goals and community priorities.

This report aims to share information about the many successful wellness initiatives that were implemented in communities across the Northwest Territories over the past fiscal year. It identifies the wellness priorities of communities, and promotes collaboration and innovation by enabling communities to learn from one another's wellness activities and experiences.

I encourage all communities to continue to take advantage of the various funding programs available to them as a means of achieving their wellness goals and priorities.

Honourable Floyd K. Roland

Minister Health and Social Services

Table of Contents

Introduction 1

Description of Wellness Programs 2

Community Wellness in the NWT: Wellness Programs and Funding Agencies 4

Beaufort Delta Region 6

- Aklavik 7
- Fort McPherson 9
- Inuvik 10
- Paulatuk 12
- Sachs Harbour 13
- Tsiigehtchic 14
- Tuktoyaktuk 15
- Ulukhaktok 16
- Regional 17

Dehcho Region 18

- Fort Liard 19
- Fort Providence 20
- Fort Simpson 21
- Hay River Reserve 23
- Jean Marie River 24
- Kakisa 25
- Nahanni Butte 26
- Trout Lake 27
- Wrigley 28

Tlicho Region 29

- Behchoko 30
- Gameti 32
- Wekweti 33
- Wha Ti 34
- Regional 35

Sahtu Region 36

- Colville Lake 37
- Deline 38
- Fort Good Hope 39
- Norman Wells 40
- Tulita 41

Treaty 8 Region 42

- Fort Resolution 43
- Fort Smith 44
- Hay River 45
- Lutsel k'e 46

Yellowknife Region 47

- Yellowknife, N'dilo, Dettah 48

NWT Regional Projects 50

Introduction

The Northwest Territories Direction's for Wellness Report is published annually by the Department of Health and Social Services, Government of the Northwest Territories. The 2005-2006 Direction for Wellness Report provides detailed information on six Federal First Nations and Inuit Wellness Programs implemented in 32 communities across the Northwest Territories between April 1, 2005 and March 31, 2006.

The following six wellness programs are included in the report:

- Brighter Futures
- Canada Prenatal Nutrition Program (CPNP – First Nations & Inuit Component)
- Aboriginal Diabetes Initiative (ADI)
- Fetal Alcohol Spectrum Disorder (FASD)
- First Nations and Inuit Tobacco Control Strategy (TCS)
- National Aboriginal Youth Suicide Prevention Strategy (NAYSPS)

These six wellness programs provide targeted funding to First Nations and Inuvialuit people in the Northwest Territories. All six programs are part of Health Canada's First Nations and Inuit Health Branch and are meant to specifically target First Nations and Inuit populations. The programs are meant to be for and run by First Nations and Inuit communities.

Two of the six programs (Brighter Futures and CPNP) have budget allocations for all communities in the Territory and almost all communities in the Territory accessed their allocations. The remaining four wellness programs are based on the submission of proposals and therefore, supported initiatives in selected communities only.

This report lists wellness funding and describes wellness initiatives by Region and community. The information provided is compiled using community reports. A chart outlining all wellness programs and their sponsoring agencies has also been provided.

Description of Wellness Programs

Brighter Futures[1]

Brighter Futures is a program that is designed to assist First Nations and Inuit communities in developing community-based approaches to health programs. The purpose is to improve the quality of, and access to, culturally sensitive wellness services in the community. These services will in turn help create healthy family and community environments, which support child development. While the program is intended specifically for First Nations and Inuit children from ages 0 to 6, it is recognized that children's needs cannot be separated from those of their families and community. There are five components to the Brighter Futures program under which community initiatives could fall: Mental Health; Child Development; Injury Prevention; Healthy Babies, and Parenting Skills. Communities determine their priorities and allocate their resources accordingly.

Canada Prenatal Nutrition Program (First Nations and Inuit component)[1]

CPNP is a universally accessible program that helps communities to develop or enhance comprehensive services for pregnant women who may be at risk for their own health and the development of their babies. Projects promote breastfeeding, both initiation and continuation; aim to improve the diets of pregnant and breastfeeding women; and attempt to help women feed their infants appropriately for their age. The program has a component specifically for First Nations and Inuit women.

Aboriginal Diabetes Initiative (ADI)[2]

The Aboriginal Diabetes Initiative (ADI) is one of four main components of the Canadian Diabetes Strategy (CDS) announced by the Government of Canada in 1999. The overall goal of the program is to improve the health status of First Nations, Inuit and Métis individuals, families and communities. This is done through actions aimed at reducing the prevalence (rate) and incidence (reported cases) or diabetes and its risk factors. The general program objectives are to: increase awareness of diabetes, its risk factors, and ways to prevent diabetes and diabetes complications among all Aboriginal people; increase the practice of healthy eating and active living behaviours among First Nations, Inuit and Métis; increase the early detection of diabetes in First Nations and Inuit communities; improve the practice of diabetes self management; and increase ownership of diabetes programs and capacity to combat diabetes in First Nations and Inuit communities.

Fetal Alcohol Spectrum Disorder Program [3]

The FASD Program has two goals: To reduce the number of babies being born with FASD (prevention); and to help make life better for children and families with FASD (intervention). The FASD Program funds activities that:

- Help those who may be at risk of having a baby with FASD
- Will help support parents, families, or caregivers of children with FASD
- Will help to identify, assess, and diagnose children with FASD
- Will provide education and training about FASD

Funding is targeted to First Nations and Inuvialuit.

[1] Government of Canada (2001) Federal/Provincial/Territorial Early Childhood Development Agreement: Report on Government of Canada Activities and Expenditures 2000-2001.

[2] Aboriginal Diabetes Initiative, First Nations On-reserve and Inuit in Inuit Communities – Program Framework July 5, 2000 (Prevention and Promotion/Lifestyle Supports)

[3] Health Canada – First Nations and Inuit Health Branch (2004) Fetal Alcohol Spectrum Disorder (FASD) Program Guidelines and Application Forms. Program Expansion for 2004-2005.

Description of Wellness Programs

First Nations and Inuit Tobacco Control Strategy Funding (FNIHB)[1]

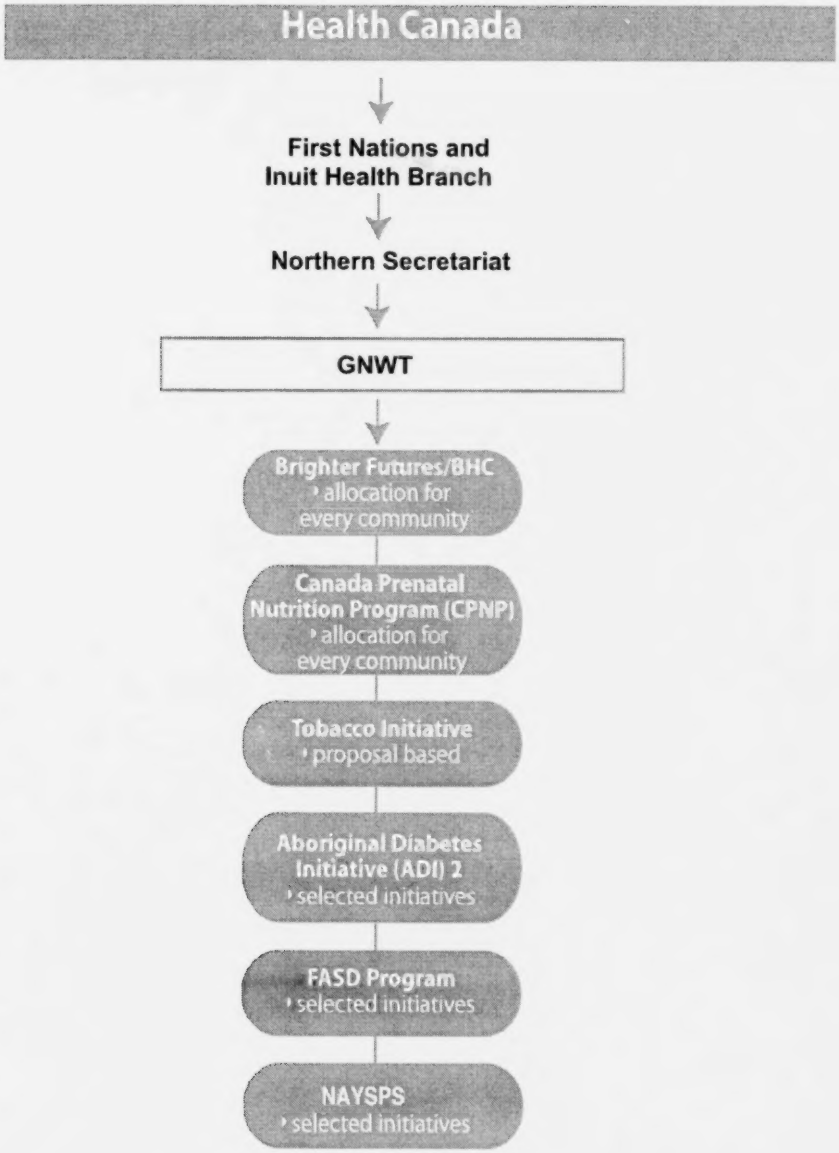
The purpose of this funding is to reduce the non traditional use of tobacco and smoking by raising awareness of the dangers of smoking among Aboriginal Peoples. The funding supports activities that increase the capacity of First Nations and Inuit communities to address tobacco issues, and that encourage First Nations and Inuit communities as leaders in tobacco control strategies. The program also supports activities aimed at decreasing the uptake of tobacco smoking, the prevalence of tobacco smoking and the impacts of environmental tobacco smoke.

National Aboriginal Youth Suicide Prevention Strategy (NAYSPS)

The National Aboriginal Youth Suicide Prevention Strategy addresses the high rates of youth suicide and its risk factors among Aboriginal youth by increasing protective factors while reducing known risk factors. The program provides First Nations and Inuit communities with opportunities to design, develop and participate in projects to reduce suicide within their communities.

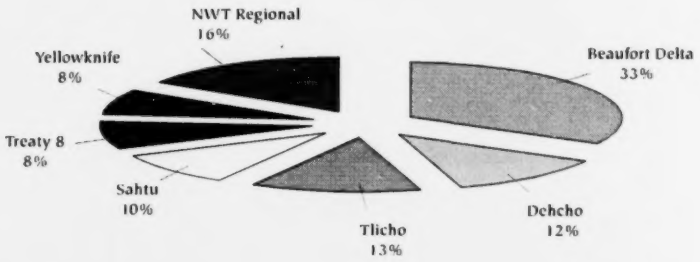
[1] Department of Health and Social Services, Government of the Northwest Territories http://www.hlthss.gov.nt.ca/Features/Programs_and_Services/progandserv.htm

Community Wellness Programs and Funding Agencies in the NWT



Overview of Funding

Wellness Initiatives 2005/2006 NWT Regional Projects

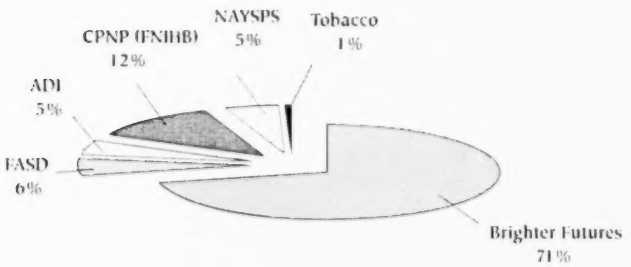


Overview of 2005/2006 Wellness Funding by Region

	Regional Initiatives	CINSP (FASD)	NIDI	FASD	Tobacco (FASD)	KASSPA	TOTAL
Beaufort Delta	1,063,680	181,866	73,366	86,541	7,974	74,969	1,488,396
Deh Cho	471,551	73,477			9,507		554,535
Dogrib Treaty 11	441,130	66,691		66,591	13,567	13,104	601,083
Sahtu Region	359,526	64,128			12,225		435,879
Treaty 8 Region	286,016	55,575		35,492			377,083
Yellowknife Region	135,425	18,900	38,480	122,369	26,176		341,350
NWT Regional		269,469	209,896	20,705	182,710	44,000	726,780
TOTAL	2,757,329	730,106	321,742	341,698	252,159	132,073	4,525,106

Beaufort Delta Region - 2005/2006 Funding

Aklavik	155,023	26,201			872	182,096
Fort McPherson	180,239	31,899				212,138
Lilukhaktok	64,120	9,113				73,233
Inuvik	262,153	22,057			7,102	291,312
Paulatuk	30,209	9,858				40,067
Sachs Harbour	19,028	4,351				23,379
Tsiigehtchic	52,490	10,823				63,313
Tuktoyaktuk	178,150	26,145				204,295
Regional	122,259	41,419	73,366	66,541	74,969	398,564



Beaufort Delta Region - 2005/2006 Funding

	Brighter Futures	CPNP (FNIHB)	ADI/FSP	FASD	Tobacco	NAYSPS	Total
Aklavik	155,023	26,201			872		182,096
Fort McPherson	180,239	31,899					212,138
Ulukhaktok	64,120	9,113					73,233
Inuvik	262,153	22,057			7,102		291,312
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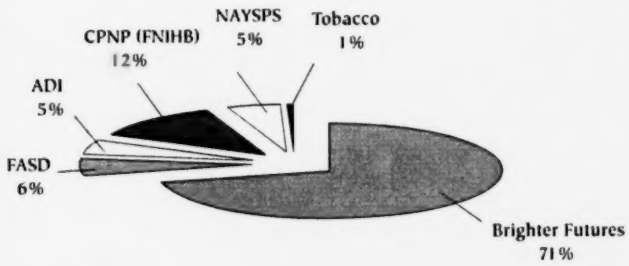
Tuktoyaktuk	178,150	26,145					204,295
Regional	122,269	41,419	73,366	86,541		74,969	398,564
Total	1,363,681	191,866	73,366	86,541	7,974	74,969	1,488,397



Aklavik– Population: 600 Beaufort Delta

Brighter Futures

Aklavik Indian Band

Program Management

- A Program Management Coordinator was hired to coordinate activities for youth, elders and community members.
- A Recreation Coordinator was hired to work out of Youth & Family Centre in order to coordinate activities for the youth in the community.

Community Mental Health

- The Cultural Singing and Dancing project gave the youth and the community an opportunity to participate in learning the traditional drum music, traditional old time dances, and the basic skills of playing the guitar, fiddle and base guitar.
- Elders, youth and community members took part in the On-the-Land Cultural Experience. They learned how to prepare camp that involved starting a woodstove, hauling water, shoveling snow, cleaning camp & storing food.
- A Dangerous Drugs and Prevention Workshop was held for three days in December 2005.
- Six youth and two elders attended an Aboriginal Youth Conference in Whitehorse, YT. Workshops held focused on issues facing youth in the contemporary northern society.

Inuvialuit Regional Corporation

Program Management

- A Regional Wellness Coordinator coordinated all wellness programs.
- An Assistant Recreation Coordinator helped coordinate, plan and organize activities for the youth.

Community Mental Health

- An On-the-Land Program ran throughout the year and enabled youth to learn skills from experienced hunters and elders.
- A Women's Sewing Class was held for women to sew traditional clothing for their families. They made mitts, mukluks and other items that they knew the family needed.

Child Development

- A Nutritional Snack Program was provided to students from preschool to grade 2 at Moose Kerr School.

Canada Prenatal Nutrition Program

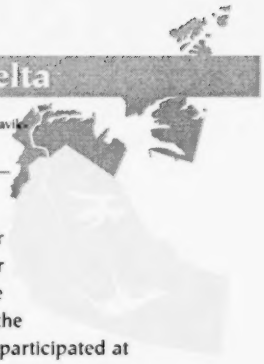
Aklavik Indian Band

- A total of eight cooking groups were held. Nutrition was talked about as part of the program on a group basis. Other services offered included food supplements and meal bag program.

Inuvialuit Regional Corporation

- Eighteen cooking groups were held. Nutrition was talked about as part of the program on a group basis as well as through games and quizzes, grocery store tours and food hampers. A total of five separate education sessions/activities were held. Approximately two to four prenatal, postnatal and/or breastfeeding women and two non-pregnant women of childbearing age attended each session/activity. Breastfeeding activities were offered. Other services included games, food supplements or meal bag program, hampers and prizes or incentives.

[1]NWT Bureau of Statistics (July 2005).
(http://www.stats.gov.ca/Statinfo/Demographics/population/est-data/.xls)

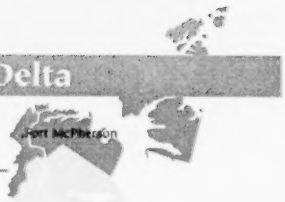


First Nations and Inuit Tobacco Control Strategy

BLAST Group

- The BLAST group invited the Territorial Tobacco Coordinator to do a presentation at their school on the effects of smoking. They then organized an anti smoking essay contest for the school and gave out the prizes at a community event. They produced booklets of the essays done by students and left copies of these at places where people congregated in the community such as the airport and Band office. The group also prepared a display and participated at the Aklavik Health Fair.

Fort McPherson – Population: 823 Beaufort Delta



Brighter Futures

Tetlit Gwitch'in Council

Program Management

- A Wellness Coordinator provided ongoing support to community members, community partner groups and other wellness programs.

Community Mental Health

- A Suicide Prevention Workshop provided training for individuals from the community. This took place at the end of January 2006.
- The Midway Lake Music festival was held from August 5-8, 2005 with good participation from the community and surrounding communities. The goal was to emphasize sober family activities.
- A Community Wellness Newsletter was published and distributed throughout the community from April 1, 2005 to March 31, 2006 on various activities that focused on mental and physical health issues.
- Brighter Futures supported the Youth Advisor/Social Skills Program for the children at Chief Julius School. The Social Skills Program focused on providing the students with pro-social skills to encourage healthy development away from crime and substance abuse.
- The On-the-Land Program took place from April 1, 2005 – March 31, 2006. Children were exposed to cultural and traditional activities that have been combined with more modern activities to provide the children with a balanced, new way of learning.
- During National Addictions Awareness Week, community members of all ages were made aware of the physical and emotional effects of drugs and alcohol.

Child Development

- Between 20 and 35 children attended the Morning Program between April 1, 2005 and March 31, 2006. The program consisted of Elders and positive role models interacting with students at the school, as well as the serving of a nutritious breakfast.

Canada Prenatal Nutrition Program

- A total of twelve cooking groups were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through games and quizzes. Breastfeeding activities were offered. Other services offered included childcare, games, food supplements or meal bag program, prizes or incentives, home visits, food vouchers, Thanksgiving and Christmas dinner, booth at a health fair and a community workshop.

Inuvik – Population: 3,521 — Beaufort Delta

Inuvik Native Band

Community Mental Health

- Approximately 400 students who attend Sir Alexander Mackenzie School participated in the Rachel Reindeer Camp. Classroom and on the land programs were provided for the students.
- Between seven and twelve participants took part in the weekly Traditional Sewing program.
- Fifteen to twenty five participants attended the Life Skills Program which took place at the Inuvik Homeless Shelter.
- Twenty children and youth attended the Youth Community Partnership Event with a goal of helping them explore the issue of wellness.

Inuvialuit Regional Corporation

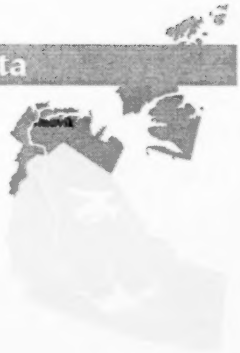
Program Management

- A Wellness Coordinator coordinated all wellness programs in the community.

Community Mental Health

- The Muskrat Jamboree (an annual event) was held with activities such as muskrat skinning, tea boiling, jigging contest for all ages, drum dances, fiddle dances and a talent show for all ages.
- The Inuvik Summer Day Camp allowed children to gain developmental skills in many ways such as, arts and crafts, performing, and sports.
- Brighter Futures supported youth who speed skate to train throughout the year for the Arctic Winter Games Team.
- The 8-day Winnies Camp gave children an opportunity to experience, be taught and learn some tasks to live on the land.
- Eight to ten youth and young women participated in a Sewing Class and made traditional clothing such as mitts and mukluk's. The youth were also taught the Inuvialuktun language.
- Elders taught children and the community about traditional Inuvialuit Drum Dancing. This allowed the children to develop a sense of pride in their culture and also helped with promoting the language. Youth that attended the Drum Dancing Sessions were provided with drum dance parkas.
- A Home Support Worker provided outreach services through the Family Counselling Centre that included support within the clients' homes, counselling and life skills training.
- Parents and children attended a Family Nights Program and took part in various activities, traditional games, singing Christmas carols and enjoyed nutritional snacks.
- The Trapper Training and Land Skills Program allowed children to go out on the land and participate in the seasonal muskrat hunt at the beginning of spring. Children were taught how to set traps, stretch the hide and safe traveling skills.
- Youth took part in the Caribou Harvest by being taken out on the land and taught how to prepare the meat in sleds before taking them back into town.
- The Shelter Program provided women and children with safety, shelter and food.
- Elders/Youth Whale Camp taught children and youth how to hunt whales and learn the traditional ways of life out on the land.

Inuvik – Population: 3,521 Beaufort Delta



Child Development

- Kindergarten students were provided with a Healthy Snacks Program that enabled them to keep focused on their school work throughout the school day.
- Healthy snacks were given to students at the Sir Alexander MacKenzie school throughout the year.
- The Samuel Hearne Secondary School Breakfast Cart Program promoted daily health and nutrition among the students.
- An average of 50 students attended the SAMS breakfast program daily.
- The Aboriginal Language Assistant provided support for the students at the Alexander Mackenzie School.

Canada Prenatal Nutrition Program

Ingamo Hall Friendship Centre

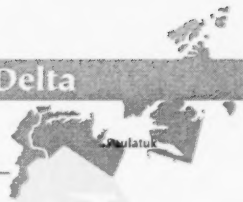
- A total of 36 cooking groups were held. Approximately fifteen prenatal, postnatal and/or breastfeeding women and nine non-pregnant women of childbearing age attended each cooking session. Nutrition was talked about as part of the program on a group basis as well as through cooking circles and games and quizzes. A total of 47 separate education sessions/activities were held. Breastfeeding activities were offered. Other services offered included games, food supplements or meal bag program, clothing exchange, transportation and prizes or incentives.

First Nations and Inuit Tobacco Control Strategy

Inuvik Native Band

- Inuvik Native Band partnered with the Youth Center to hold cessation and support nights for the youth who are trying to quit smoking. They developed Cope Kits for youth and adults that were distributed during the support nights, held a feast and a dance celebrating smoke-free community members. The Band's Wellness Worker attended a BLAST Conference with three youth from Inuvik and the program coordinated some community activities during National Addictions Awareness Week in November.

Paulatuk – Population: 318 Beaufort Delta



Brighter Futures

Inuvialuit Regional Corporation

Program Management

- A coordinator coordinated all wellness programs in the community.

Community Mental Health

- Children and youth were taken out on-the-land during the spring and summer to learn survival and traditional navigational skills, as well as hunting, fishing and trapping skills.

Child Development

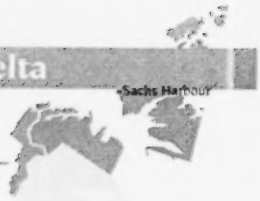
- Brighter Futures supported the hiring of two staff members to prepare and serve breakfast each morning to the students of the Angik School.

Canada Prenatal Nutrition Program

Inuvialuit Regional Corporation

- Twenty-seven cooking groups were held. Nutrition was discussed as part of the program on a group basis as well as through games and quizzes and a grocery store tour. A total of five separate education sessions/activities were held. Other services offered included games, food supplements or meal bag program, prizes or incentives, food hampers and a community feast.

Sachs Harbour – Population: 119 Beaufort Delta



Brighter Futures

Inuvialuit Regional Corporation

Program Management

- A Wellness Worker coordinated all wellness programs in the community.

Community Mental Health

- Brighter Futures supported the White Fox Jamboree.
- A Swimming Program was held for children to aide them in developing the required skills needed when living by the ocean.

Child Development

- Brighter Futures supported a school lunch program at the Inualthuyak School.
- A celebration for National Child Day was held to recognize all children in the community.

Canada Prenatal Nutrition Program

Inuvialuit Regional Corporation

- Services offered included food supplements or meal bag program and food hampers.

Tsiigehtchic – Population: 200 Beaufort Delta

Brighter Futures

Gwichya Gwich'in Council

Community Mental Health

- Crack Busters Workshop provided opportunities for workers in supportive roles to network with each other and learn of resources available on substance abuse. A training component was offered to help workers with early stage recovery support for those seeking help with problematic substance abuse.
- Six youth and two adults attended a Dream Catcher's Conference in Edmonton from October 12-17, 2005. Youth took part in workshops on AIDS, alcohol and drug abuse, teens at risk, and traditional/cultural events.
- Five adults and three youth traveled by boat 100 miles up the Arctic Red River for a Moose Hunt. Youth were exposed to their ancestor's traditional hunting grounds and methods.
- Youth and adults took part in a Sewing Program and learned to make mitten strings and fur mitts. Half of the participants that completed the project also began to learn basic skills on quilting.

Canada Prenatal Nutrition Program

Gwichya Gwich'in Band

- A total of one cooking group was held. Nutrition was talked about as part of the program on a group basis as well as through games and quizzes. A total of five separate education sessions/activities were held. Approximately six prenatal, postnatal and/or breastfeeding women and six non-pregnant women of childbearing age attended each session/activity. Breastfeeding activities were offered. Other services offered included childcare, games, food supplements or meal bag program, transportation, prizes or incentives and a community feast.

Tuktoyaktuk – Population: 990 Beaufort Delta

Brighter Futures

Inuvialuit egional Corporation

Program Management

- A Program Coordinator was hired to coordinate all wellness programs, including Brighter Futures. The coordinator also helped community members with proposal writing to apply for funding.

Community Mental Health

- The Sevoliq Justice Committee dealt with community members who came into conflict with the law for the first time or for minor issues.
- Sewing Workshops were held once a week and taught young mothers how to make parkas and baby bunting bags.
- The Youth Activities Assistant assisted in the delivery of programs at the Jason Jacobson Youth Centre.
- The Recreation Coordinator Assistant assisted the coordinator with supervising scheduled events, educational, cultural and traditional games.
- Brighter Futures supported 44 children to register in Minor Hockey.
- A twelve week program was run by the Tuk Drummers and Dancers. Between 20 and 43 participants attended each session and participated in the singing and dancing of their traditional ways.
- A Shelter Program provided women and children with safety, shelter and food while temporarily separated from violent and abusive partners. Activities for Moms and Tots and youth were held all year round.

Child Development

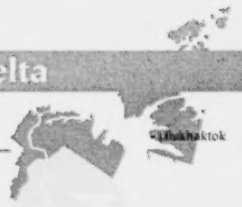
- Brighter Futures supported the operations of the Tuk Child Development Centre.
- Daily breakfast was served to students who attended the Mangilaluk School.

Canada Prenatal Nutrition Program

Inuvialuit Regional Corporation

- Approximately 40 cooking groups were held. Nutrition was talked about as part of the program on an individual and group basis as well as through games and quizzes and a grocery store tour. A total of four separate education sessions/activities were held. Breastfeeding activities were offered. Other services offered included childcare, games, food supplements or meal bag program, food hampers, transportation, prizes or incentives, a community feast and food vouchers.

Ulukhaktok - Population: 434 Beaufort Delta



Brighter Futures

Inuvialuit Regional Corporation

- A wellness worker coordinated all wellness programs in the community.

Community Mental Health

- The Elders and Youth met monthly and assisted in cultural and language projects for the community. (e.g. hunting/land skills, teaching traditional skills).
- A Traditional Sewing Program gave the community members the opportunity to make traditional clothing.
- A Skill Teaching Program was provided for young boys to learn how to make chisels and other tools needed to survive out on the land.
- A local elder assisted the Inuinnaqtun Language Instructor at the community school with Inuinnaqtun language programs that were taught to the students.

Child Development

- Breakfast was provided daily to children attending the Helen Kalvak Elihakvik School.

Canada Prenatal Nutrition Program

Inuvialuit Regional Corporation

- Approximately 40 cooking groups were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through games and quizzes and grocery store tour. A total of four separate education sessions/activities were held. Breastfeeding activities were offered. Other services offered included games, transportation, food supplements or meal bag program, prizes or incentives, community feast and food vouchers.

Regional Projects

Canada Prenatal Nutrition Program

Inuvialuit Regional Corporation

- Funds were used for regional coordination of CPNP.

National Aboriginal Youth Suicide Prevention Strategy

Inuvik Youth Centre

- Seventy-nine youth and nineteen youth workers attended an Inuvik Regional Youth Conference called Building a Healthy Teen. Workshops were divided into four streams: educated teen, creative/cultural teen, safe teen & physical teen.

T'loondih Healing Society

- Twenty-four people from the eight Beaufort Delta communities took part in the "Building Bridges to Prevention" workshop held in Ft. McPherson. Participants gained a basic understanding of youth suicide, the reasons behind it and the ways they can help to prevent it or help someone who is feeling suicidal. Representatives from each community worked together to identify the assets/resources in their community for combating youth suicide. The representatives also drafted a plan outlining what their individual community's priorities should be for addressing the problem.

Fetal Alcohol Spectrum Disorder

Inuvialuit Regional Corporation

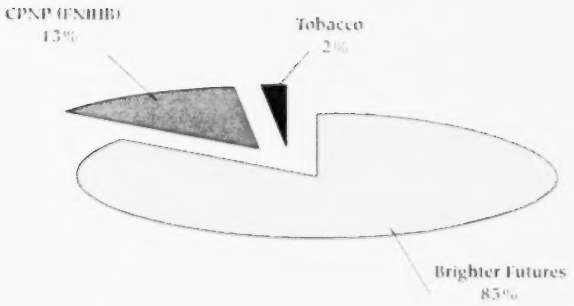
- In each community, the Regional FASD Coordinator facilitated the FASD Asset Mapping Workshop with a community member trained in Asset Mapping. Communities identified their assets, concerns and priorities as well as a plan for each priority area.

Aboriginal Diabetes Initiative

Inuvialuit Regional Corporation

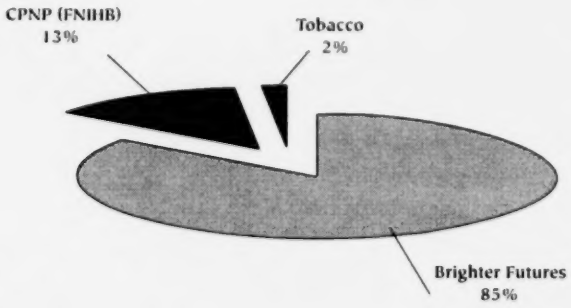
- Four Inuvialuit communities ran a diabetes program in 2005-2006. A community diabetes coordinator assisted communities with diabetes program planning, implementation and reporting. One kit was mailed out to each of the six Inuvialuit communities.
- A healthy snack program was provided to students in Sachs Harbour. Educational and skill building activities also took place according to age groups of children.
- Six cooking sessions and three gatherings were held in Paulatuk. Participants gained an increased awareness of diabetes and how to prevent it.
- Twelve gatherings took place in Ulukhaktok with an emphasis on traditional foods as healthy foods. Active living also took place at the gatherings such as jigging and square dancing.
- Ten elders in Inuvik were able to attend a fitness program once per week for a total of 15 weeks.
- A healthy lunch program was held in Inuvik for 15 youth. Participants learned the value of healthy eating and active living.
- Twenty-six elders attended and spoke about their diabetes at a Healthy Living Diabetes Awareness Event.
- Two hundred community members attended a healthy living feast that included healthy foods as part of a healthy diet.
- Fifteen delegates attended an Inuit Diabetes Network Cultural Activity. They tried country food, shared stories about the Inuvialuit ways of life and experienced life on the land.
- Five Beaufort Delta Schools participated in the "Drop the Pop" challenge. Awareness was raised regarding drinking pop as a risk factor for developing diabetes. Two Beaufort Delta schools won first prize in the Northwest Territories.

Fort Liard	73,906	12,262	61,363
Fort Providence	18,896	25,679	44,075
Fort Simpson	42,603	14,962	57,565
Hay River Reserve	59,408	20,305	79,713
Jean Marie River	15,120		15,120
Kakisa	5,384		5,384
Nahanni Butte	14,820	6,487	21,307
Trout Lake	13,479	3,765	17,244
Wrigley	43,642	26,310.00	69,952
Regional			



Dehcho Region - 2005/2006 Funding

	Brighter Futures	CPNP (FNIHB)	AIDI	FASD	Tobacco (FNIHB)	SAMSPS	Total
Fort Liard	55,901	12,262					68,563
Fort Providence	118,896	25,679					144,575
Fort Simpson	142,605	14,960					157,565
Hay River Reserve	59,908	10,105					79,520
Jean Marie River	15,520						15,520
Kakisa	6,584						6,584
Nahanni Butte	14,820	6,487					21,307
Trout Lake	13,476	3,582					17,058
Wrigley	43,842	28,560.00					43,842
Regional							
Total	471,512	23,577	0	0	0	0	564,929



Brighter Futures

Acho Dene Koe First Nation

Program Management

- One full-time and one part-time Coordinator were hired to work out of the Youth and Family Centre.

Community Mental Health

- Youth took part in various activities at the Youth and Family Centre. Activities included popcorn and video night, craft night, and making wrap-around slippers.
- Youth Committee/Circle were active meetings that were held once a month. Youth took part in educational activities and watched educational videos.
- Brighter Futures supported Family Violence Week activities in the community.

Child Development

- A Breakfast Program was provided for over 25 students at the Echo-Dene School.

Canada Prenatal Nutrition Program

Acho Dene Koe First Nation

- Fifteen cooking groups were held. Nutrition was talked about as part of the program on a one-to-one and group basis, home visits as well as games and quizzes. A total of six separate education sessions/activities were held and breastfeeding activities were offered. Other services offered included food supplements or meal bag program, games, transportation, home visits, community feast as well as food vouchers.

Brighter Futures

Deh Gah Got'ie Dene Council

Community Mental Health

- Forty children attended the Summer Youth Activities Program during the months of July and August 2005.
- Brighter Futures supported a Youth and Elders Gathering in September 2005. Youth took part in setting nets, fixing fish, hunting moose and learning the different animal tracks.
- Thirty community members took park in a Healing Workshop in September 2005.
- The Moose Hide Tanning Program took place during early September 2005.
- Brighter Futures supported youth to attend the Dreamcatcher's Aboriginal Conference in Edmonton. The conference took place in October 2005 and youth attended different workshops on self-esteem and culture.
- Ten youth attended a Drum Making Workshop taught by two community members.
- Fifteen individuals attended a Slippers Making Workshop throughout November and December 2005.
- Four community members attended a Healing Workshop on the Hay River Reserve.
- Brighter Futures supported a Substance Abuse & Awareness Program. Community members can borrow educational materials that have to do with safety and solvent abuse.
- A Grieving Workshop took place in March 2006 for one week.
- Three Training and Capacity Building Workshops took place in March 2006. They were: Youth Regional Dene Games, Youth Self-Esteem, and a Safety Course.
- Brighter Futures supported an Elders/Youth Spring Gathering in March 2006. Youth learned about improving their traditional & cultural lifestyle including survival on and respect of the land.
- A group of hunters, elders and youth traveled to Mink Lake on the morning of March 24 and a second group of hunters traveled further to Lafferty Creek to hunt for Caribou and Moose.

Child Development

- Seven families attended the Traditional and Cultural Learning spring and fall camps. The children learned about their culture and language of the Dene.
- Brighter Futures supported a Breakfast Program for approximately 150 students.
- Brighter Futures supported a Traditional Honor Ceremony for preschool children to be recognized for the accomplishments and success they have achieved.

Parenting Skills

- A Parenting Workshop taught basic parenting skills and communication between parents and children.

Canada Prenatal Nutrition Program

Zhahti Koe Friendship Centre

- A total of forty-five cooking groups were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through games and quizzes, home visits and a grocery store tour. A total of thirty separate education sessions/activities were held. Five to seven prenatal, postnatal and/or breastfeeding women and five non-pregnant women of childbearing age attended each session/activity. Breastfeeding activities were offered. Other services offered included games, food supplements or meal bag program, prizes or incentives, home visits and food vouchers.

Brighter Futures

Liidlii Koe First Nation

Program Management

- Funds supported a Brighter Futures Coordinator, a Social Programs Director, Blazing Trails Supervisor, Family Cultural Centre Manager and Assistant position.
- Various local resource people were hired to assist with programs.

Community Mental Health

- Youth and adults participated in the Beavertail Jamboree Traditional Games. Activities included log sawing, fire building, tea boiling, log throwing and log chopping.
- 30 youth were involved in an intensive music camp called Kole Crook Fiddle Camp to learn the skills and techniques of the fiddle for five days over the spring break.
- A group of local women attended the Moccasin Making workshop.
- 25 participants attended a Traditional Cultural Healing workshop.
- Brighter Futures supported the Elder's Story Telling in which Elders share traditional stories with youth.
- Girls from age eight to fifteen participated in a Dene/Métis Dance Class that was held once per week.
- Children attended a Going Miles Performance that was put on by four young Aboriginal artists.
- Brighter Futures supported the Family Cultural Centre that replaced the old Youth Centre. Several new programs were introduced such as the Slavey language classes, moccasin making-sewing circles, drumming/hand games, women's sharing circles and traditional tool making.
- Ten male youth took part in a Dene Hand Games Competition that was held in Behchoko, NT.
- Brighter Futures supported Girl Guides, Brownies and Sparks sponsorship.
- Brighter Futures supported the Rediscovery Workshop at the annual Mackenzie Youth Conference in Fort Simpson.
- Youth attended a Blazing Trails Summer Youth Project for 12 weeks.
- Brighter Futures supported a Youth Employment and Day Camp. This program provided a safe and positive place for children to take part in various activities on health, traditional values and skills. Parental involvement was encouraged in the day camp.

Injury Prevention

- Two individuals attended a Substance Abuse Conference in Saskatoon, SK with a focus on prevention of addictions from January 30 – February 1, 2006.
- One band member attended a conference that focused on diabetes treatments and prevention in Aboriginal people.
- A three-day workshop was held on Preventative Health and Complimentary Therapies. It was an information session on several ways of healing and managing pain to increase function and well being in one's life.
- Brighter Futures provided funding for pamphlets to be handed out during the National Addictions Awareness Week Feast and Drum Dance in November. There was separate information for youth and for parents.
- Family Violence Awareness Week and National Addictions Awareness Week activities were held for the community members.
- A pamphlet was developed on the services available in the community and on the effects of addiction. Pamphlets for youth covered topics such as STI, Addictions, Healthy Relationships, Depression, Nutrition, Tobacco, Conflict Resolution, Violence Prevention, Decision Making, Peer Pressure and Bullying.
  Pamphlets for parents and families included Parent-teen Conflict, Anger, Raising Responsible Children, Depression, School Success and Talking to Teens about Drugs & Alcohol.

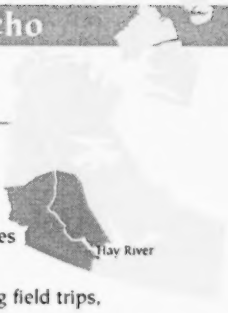
Fort Simpson – Population: 1,233 — Dehcho

Canada Prenatal Nutrition Program

Liidlii Koe First Nation

- A total of 24 cooking groups were held. One-on-one breastfeeding information was offered and women in the program provided breastfeeding support to one another. Other services offered included childcare, games, food supplements or meal bag program, transportation and prizes or incentives.

Hay River Reserve – Population: 299 Dehcho



Brighter Futures

K'atlodeeche First Nation

Community Mental Health

- Youth and Elders attended a Dene Gathering that was held in Calgary, AB to discuss issues on how the abuse and loss of culture and identity has impacted the survivors.
- 30 youth attended a Summer Day Camp and participated in traditional activities including field trips, camping trips, swimming, arts and crafts, sports, nature and healthy food choices.
- Brighter Futures supported a Community Counsellor at the Chief Sunrise School. The counsellor offered crisis intervention, one-on-one counselling, home visits/family interaction, after school club, as well as support at the Traditional School in Sandy Creek.
- Five students who attend the Chief Sunrise School attended the Dreamcatcher's Conference that was held Edmonton, AB.
- Brighter Futures supported a Youth Drop in Centre. The activities provided for the youth are baking, arts & crafts, pool, foos-ball, karaoke night and board game night.
- Brighter Futures supported an On-the-Land Program for youth. Activities included winter trails & summer canoe trip, spring goose hunt, spring birch syruping, industrial/traditional arts program, fish derby/fish fry, and fall Moose hunt.
- An Inner Child Workshop was held from March 13-16 at the Dene Cultural Institute on the Reserve. Some of the topics that were covered were co-dependency, residential school issues, recognizing childhood traumas, a mirror exercise, drawing exercises and talking circle.

Child Development

- Brighter Futures supported the Aboriginal Head Start Program. Some of the activities that were held for the children were teaching them parts of their body in Dene, teaching the alphabet in both English and Slavey, teaching about animals and what they are used for, going on nature walks, visits with Elders, crafts and dry meat making.

Canada Prenatal Nutrition Program

K'atlodeeche First Nation

- A total of thirteen cooking groups were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through home visits and videos. A total of eleven separate education sessions/activities were held. Breastfeeding activities were offered. Other services offered included food supplements or meal bag program, prizes or incentives, food vouchers and home visits.

First Nations and Inuit Tobacco Control Strategy

K'atlodeeche First Nation

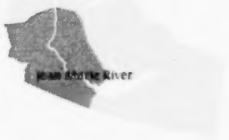
- A Community Tobacco Coordinator was hired to work closely with the Community Health Representative and implemented the Tobacco Curriculum for grades K-12 in the school along with the "Don't Be a Butthead" campaign. The Coordinator created role model posters of Band members who had quit, and used their personal stories as a way of encouraging others to try. Tobacco information displays were put up around town and at important community events. The coordinator arranged community meetings to address the issue of cut cost cigarettes being sold on the Reserve and held special events during National Addictions Awareness week.

Brighter Futures

Jean Marie River First Nation

Community Mental Health

- Brighter Futures supported a Going Miles Workshop. Community members took part in a variety of workshops that focused on theatre arts, hoop dance, singing and dance, arts, cultural awareness, traditional stories, prayer, smudging, and motivational stories.



Brighter Futures

Ka'agee Tue First Nation

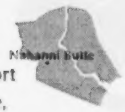
Community Mental Health

- Youth attended a Dreamcatcher Conference in Edmonton, AB from October 14-16, 2005.

Brighter Futures

Nahanni Butte Band

Community Mental Health



- Brighter Futures supported youth to attend the Going Miles Workshop that was held in Fort Liard. Youth took part in a variety of workshops that focused on theatre arts, hoop dance, singing and dance, arts, cultural awareness, traditional stories, prayer, smudging, and motivational stories.
- Brighter Futures supported a Cultural/Literacy School Program. The coordinator worked with approximately 4-6 youth for a two hour period each day on literacy skills and the use of traditional language.
- The "New Dawn" group offered presentations to the youth on various topics such as peer pressure, leadership skills and stress management. Individual counselling was also offered to troubled youth and community members.
- Various community sessions were offered by the Recreation Coordinator and community role models. The sessions included feasts and pot lucks during which time various discussions were held including the importance of proper eating, exercising, showing respect for others and concentrating on the positive things in life.

Canada Prenatal Nutrition Program

Nahanni Butte Dene Band

- A total of five cooking groups were held and approximately three prenatal, postnatal and/or breastfeeding women and two non-pregnant woman of childbearing age attended each session. Nutrition was talked about as part of the program on a one-to-one basis as well as through home visits. Other services offered included food supplements or meal bag program, food vouchers, community feast and home visits.

Brighter Futures

Sambaa K'e Dene Band

Community Mental Health

- A Summer Camp Program for children and community members focused on traditional on-the-land activities. Children were taught how to hunt and trap, learn the proper way of handling all tools and preparing traditional food.
- A Spring Camp held from March 27-31 focused on traditional on-the-land activities. Families participated in the culture camp and were reconnected to the land.

Canada Prenatal Nutrition Program

Sambaa K'e Dene Band

- Participants went on a community hunt for maternal nourishment. Brought back moose and caribou for pre and postnatal women.

Brighter Futures

Pehdzeh Ki First Nations

Program Management

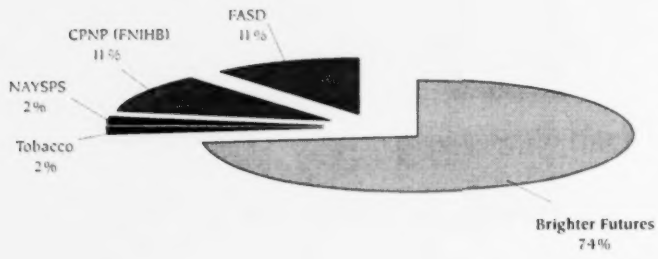
- A Coordinator organized, implemented and coordinated the wellness programs in the community.

Community Mental Health

- Pehdzeh Ki's Thirteenth Annual Spiritual Gathering took place from August 11-August 15, 2005. People came from a number of different communities to take part in this special event. The different workshops that took place were: Dene Cultural workshop, drumming workshop and a jigging workshop.
- Brighter Futures supported youth to go on an educational trip to Edmonton, AB. Youth learned the different aspects on how things work and why at the Space and Science Centre.
- Two youth fiddlers and one chaperone attended the Great Northern Arts Festival in Inuvik from July 14 -19, 2005.
- Three youth and one chaperone attended a Dreamcatchers Conference in Edmonton from October 14-16, 2005.

Tlicho Region– 2005/2006 Funding

Gameti	43,177						43,177
Rae Edzo	301,935	51,704					353,639
Wekweti	20,783	6,881					27,664
Wha Ti	75,235	8,106					83,341
Regional				66,591	13,567	13,104	93,262
Total	441,130	66,691	0	66,591	13,567	13,104	601,083



Brighter Futures

Dogrib Rae Band

Program Management

- A Social Development Coordinator assisted with community health and social needs.

Community Mental Health

- Youth took part in a Culture Camp and learned a variety of traditional skills on the land and water. Younger children participated in day camps and older children participated in overnight camps.
- Eleven youth attended the annual Dreamcatcher Conference in Edmonton, AB from October 14-16, 2005.
- Brighter Futures supported the Friendship Centre to maintain a disability program.
- Community members participated in celebrating indigenous culture during the festivities held on June 21, Aboriginal Day.
- Brighter Futures supported Family Sobriety Events. These events included Family Square Dance Lessons, Take Back the Night March, Father's Day Family Dance, and Mother's Day Family Dance.
- Four community members attended a Couples Healing Retreat at Trappers Lake.
- Brighter Futures supported many community members suffering from mental and physical aliments to visit well-respected traditional healers.
- A Regional Gathering took place for community members to get together for a feast and take part in activities in May 2005.
- Several youth participated in various recreational events in the community, northern and western Canada.
- Brighter Futures supported Youth Wellness Activities. Youth attended workshops that included bullying prevention, suicide prevention, grief recovery, substance abuse prevention and leading positive healthy lifestyles. A Wellness Workshop was also delivered that covered peer pressure, substance abuse prevention, healthy relationships and goal setting.
- Youth took part in a Traditional Skills Program that included cooking traditional food, teepee set up and cultural story telling by a community Elder.
- Brighter Futures supported the Tli Cho Dagawo Program, which offered youth music lessons which was held at the Friendship Centre.
- Brighter Futures supported an Elders feast.
- An After School Program was held for children and youth to take part in indoor and outdoor activities such as karaoke, movie night, supervised swimming, volleyball, rock painting, homework tutorials and a community clean up.
- The Social Development Coordinator attended an Early Years Conference in Winnipeg, MB.
- Brighter Futures supported a 1st Annual Tlicho Youth Conference held February 15-19th, 2006. 300 youth from around the Region attended workshops on a variety of topics such as self-esteem, drug and alcohol abuse prevention, safe sex, leadership, traditional values and healthy relationships.

Child Development

- Brighter Futures supported a School Snack Program.
- Brighter Futures supported an Early Childhood Intervention Program designed for special needs children. The program included a Support Worker that provided one-on-one attention to developmentally challenged children and supplies that foster literacy, gross motor skill concentration, nutrition and interaction with peers.
- Brighter Futures contributed to the operation of the Canada Prenatal Nutrition Program.

- Brighter Futures contributed to the operation of the Canada Prenatal Nutrition Program.
- Brighter Futures supported the Creative Child Program designed for parents and children ages four to six. The program included a Support Worker who organized activities that encouraged healthy lifestyles and strengthened family relationships. nutrition, early literacy, road safety, crafts, circles activities and physical activities were scheduled weekly.
- Brighter Futures supported an Effective Behavior Support program that involved identifying and rewarding positive behavior to encourage good character and positive choices in the school environment.

Parenting Skills

- A Parenting Workshop provided parents an opportunity to learn parenting skills that would help improve their children's performance at school and encourage a healthy lifestyle within the home.

Canada Prenatal Nutrition Program

Dogrib Rae Band

- Thirty-nine cooking groups were held with approximately seven to eight prenatal, postnatal and/or breastfeeding women and seven to eight non-pregnant women of childbearing age attending each session. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through games and quizzes, a grocery store tour and home visits. Nutrition assessments were conducted occasionally by the program coordinator and the program assistant/trainee. A total of 38 separate education sessions/activities were held. Approximately five to six prenatal, postnatal and/or breastfeeding women and five to six non-pregnant of childbearing women of childbearing age attended each session/activity. Breastfeeding activities were offered. Other services offered included childcare, games, food supplements or meal bag program, transportation, prizes or incentives, home visits and food vouchers.

Brighter Futures

Gameti First Nation

Community Mental Health

- Community members took part in the New Year Celebration Event in 2006. Activities included hand games, a drum dance and a feast.
- A Family Day Camp was held at Faber Lake.
- Sixteen youth attended a Youth Conference in Behchoko from February 15-19, 2006. The conference established the positive and negative lifestyles youth are facing with drugs & alcohol, relationships and abuse.
- Fifteen youth traveled to a Hand Games Competition in Behchoko.
- With the support of the Gameti Counselling Services, a Spiritual Gathering Workshop was held April 2-7 2005 to educate the community on social issues. The community was educated about alcohol and drug awareness and the harmful affects of alcoholism.

Brighter Futures

Dechi Laot'i First Nation

Community Mental Health

- National Addictions Awareness Week activities were held for community members to be aware of addictions and to recognize individuals who are addiction free.
- Brighter Futures supported an Elder's Feast.
- Youth took part in traditional hand games.
- Brighter Futures supported youth to take hand drum lessons.
- Twelve community members took part in the Loss & Grief Workshop.
- A Spiritual Gathering took place for the community members to pray and feed the fire.
- Youth learned the basics of sewing traditional clothing.

Parenting Skills

- Brighter Futures supported a Traditional Parenting FASD Workshop.

Canada Prenatal Nutrition Program

Dechi Laot'i First Nation

- Two cooking groups were held with two prenatal, postnatal, and/or breastfeeding woman and two non-pregnant women of childbearing age attending each session. Nutrition was talked about as part of the program on a one-to-one and group basis, and through home visits, games and quizzes. Breastfeeding activities were offered. Other services offered included food supplements or meal bag program, prizes or incentives, home visits and food vouchers.

Brighter Futures

Wha Ti First Nation

Community Mental Health

- A Computer Lab Coordinator was hired and assisted individuals to learn about computer programming.
- A Kids Club was held every Wednesday with organized activities including crafts and physical exercise.
- Family Days were a social gathering held for families and community members to participate in activities such as feasts, BBQ's and drum dancing.
- The Magroo Crew Show was held at Mezi Community School for two days. A presentation was done on drug & alcohol abuse and the importance of staying in school.
- National Addictions Awareness Week activities were held to educate the public about issues related to alcohol, smoking and drug addictions. Community members took part in a sobriety walk, a family game night, a feast, a family dance and daily workshops on the top four addictions.
- Brighter Futures supported a Hockey Camp for a minor hockey team.
- Six youth and one supervisor traveled to Lac La Biche, AB to participate in the Annual Bible School Youth Retreat. The youth participated in extra curricular activities such as volleyball, soccer and badminton along with activities that were planned throughout the week.
- Youth attended a Kid's Winter Carnival and took part in various activities such as snowshoe race, sled race, road hockey, karaoke and jigging competition.
- Brighter Futures supported a weekly Craft Night.
- Brighter Futures supported a Community Hockey Program, which covered the fees for ice time for children who could not afford them.
- 23 youth attended a Cultural Camp at Burnt Island on Lac La Martre for one week. Youth participated in traditional activities such as making dry meat, dry fish, setting nets and listening to traditional stories told by the elders.
- Brighter Futures supported youth to learn square dancing.
- Local men attended a Community Men's Group program. They met weekly to discuss family and community concerns and shared personal thoughts and feelings. Activities included sharing circles, story telling and discussions on family violence and substance abuse.
- Grieving Sessions/Workshops were offered to support and guide individuals who were dealing with the loss of someone they loved.
- Support was provided to community members returning from alcohol and drug treatment and/or those wishing to attend a healing retreat.
- Families traveled to Lac St. Anne in Alberta to worship, pray and share faith to strengthen their family unity and personal faith.

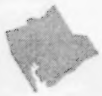
Child Development

- Brighter Futures supported a Breakfast Program at the Mezi Community School.

Canada Prenatal Nutrition Program

Wha Ti First Nation

- Eight cooking groups were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through games and quizzes. Nutrition assessments were conducted occasionally by the nurse/health centre staff. Eight separate sessions/activities were held.
  Other services offered included food vouchers, food supplements/meal bag program, and prizes or



First Nations and Inuit Tobacco Control Strategy

Tlicho Community Services Agency

- The Tobacco Rap project was a rap song contest. Community visits and presentations took place in the four Tlicho communities with educational sessions on tobacco using a variety of visual aids. The contest guidelines were then presented followed by a session on how to create a rap song facilitated by Yellowknife rap artist 'Godson'. The contest encouraged youth to create a rap song about tobacco. Contest winners had their songs recorded and sent to all schools in the North.

National Aboriginal Youth Suicide Prevention Strategy

Tlicho Community Government

- Participants from Wha Ti, Wekweti and Behchoko attended an Applied Suicide Intervention Skills Training (ASIST) program. Participants gained knowledge that enhances and promotes the implementation of suicide intervention techniques with confidence.
- 350 youth from throughout the Tlicho region attended the "Making Healthy Choices for the Future" Youth Conference and participated in a variety of workshops on topics that they themselves had identified as priorities. Youth also participated in cultural activities such as hand games and a community feast. The Forum component gave youth a chance to practice public speaking and to address their concerns in front of a panel of local leaders. Youth were able to talk about important topics and gain awareness of the resources available to them.

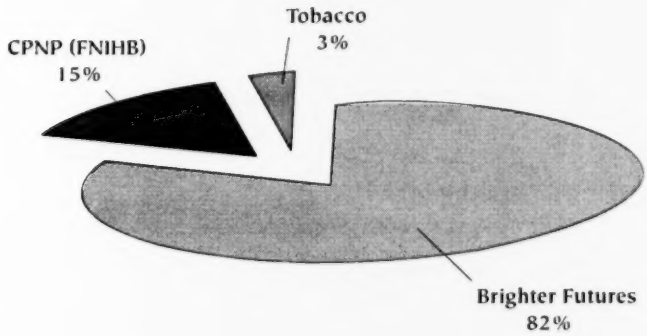
Fetal Alcohol Spectrum Disorder

Tlicho Community Services Agency

- The "Train the Trainer Workshop" was held from January 16-20, 2006 in Behchoko. 26 people attended (including nine Elders) from the four Tlicho communities (Behchoko, Wekweti, Gameti & Wha Ti). Participants learned traditional parenting skills, information about FASD and how to prevent it as well as valuable facilitation and leadership skills.
- A contractor was hired and conducted a best practice research project looking at mentoring high-risk pregnant women to prevent FASD.

Sahtu Region – 2005/2006 Funding

	Brighter Futures	CPNP (FNIHB)	AIP	EHSD	Tobacco	NNHSPS	Total
Colville Lake	19,839	3,370					23,209
Déline	135,701	25,068					160,769
Fort Good Hope	120,569	21,288			812		142,669
Norman Wells					907		907
Tulita	78,417	14,402			10,506		103,325
Total	354,526	64,128	0	0	12,225	0	430,879



Brighter Futures

Behdzi Ahda First Nation

Community Mental Health

- Brighter futures supported a Slavey Language and Culture teacher who taught at the Colville Lake School.
- Students from grades four to twelve participated in cultural activities such as beading, making moccasins and dreamcatchers, drum making, studying northern plants, leather work and learning the traditional Slavey stories and literature, and the history of the people.
- The Cultural Teacher organized a Trapping Day Program. The Cultural Teacher also talked to the students about the history of the Dene people, the traditions and the meaning behind the traditions that are followed.

Child Development

- A snack program was held at the Colville Lake School. It provides an opportunity for students to experience healthy living and promotes a healthy lifestyle for all involved.

Canada Prenatal Nutrition Program

Behdzi Ahda First Nation

- Five separate education activities/sessions were held. Approximately four prenatal, postnatal and/or breastfeeding women and eight non-pregnant women of childbearing age attended each session/activity. Breastfeeding activities were offered. Nutrition was talked about as part of the program on a group basis as well as through games and quizzes and information was sent to homes. Other services offered included games, prizes or incentives, community feast and food vouchers.

Deline – Population: 545 Sahtu

Brighter Futures

Deline Dene Band

Community Mental Health

- A Back On-The-Land program gave students experience on how to survive on-the-land.
- A Family Gathering took place out on the land near Russell Bay during the weekends in March.
- Brighter Futures supported the Youth Outreach Program. Twenty-five students were taken out on the land to revalue their cultural identity.
- Approximately 25 youth participated in an Aboriginal Youth Holistic Healing Workshop for three days.
- Twelve female and twelve male participants attended an Aquatics Camp. The Aquatics Camp provided the participants with the skills, knowledge and resources required to help prevent water-related injuries.

Child Development

- A Breakfast Program was held daily at ?ehtseo Ayha School.

Canada Prenatal Nutrition Program

Deline Dene Band

- A total of three cooking groups were held. Nutrition was talked about as part of the program through games and prizes, grocery store tour and home visits. A total of two separate education sessions/activities were held and breastfeeding activities were offered. Other services included childcare, games, food supplements or meal bag program and food vouchers.

Brighter Futures

K'asho Got'ine Charter Community Council

Community Mental Health

- Youth attended a Youth Program and participated in indoor and outdoor recreational activities.
- There were five On-the-Land Programs that taught youth the traditional and cultural way of hunting and learning survival skills.
- 72 students took part in a Basketball Tournament. This program helped youth develop basketball skills and promoted healthy living lifestyles.
- A Hockey Coach coached youth between the ages of five and eighteen on coordination safety, skills development, power skating, hockey drills and disciplinary skills.
- In the Traditional Hunting Program six youth were taught how to hunt caribou and moose. In the evenings, they were taught the Slavey language.
- Brighter Futures supported the Chief T'Selehye School to purchase the Veggie Tales Series of educational videos.

Child Development

- The Breakfast Program provided food for 131 students from kindergarten to grade twelve at the Chief T'Selehye School.

Healthy Babies

- Brighter Futures supported the enhancement of the local CPNP program. Parents of infants took part in various activities such as a cooking circle and learning budgeting skills. Participants also received food hampers, one-on-one cooking information and support, food vouchers and support meetings.

Canada Prenatal Nutrition Program

- A total of 48 cooking groups were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through home visits and newsletter/brochures. A total of 36 separate education sessions/activities were held and breastfeeding support was offered. Other services offered included childcare, games, food supplements or meal bag program, prizes or incentives, home visits and food vouchers.

First Nation and Inuit Tobacco Control Strategy

BLAST Group

- The BLAST group focused on educating grades six, seven and eight in their school by having a "Kick Butts" day. Students prepared for this by doing a survey of their peers smoking behavior and making a graph of the results for the school to see. They did presentations in the classrooms and then engaged the classes in constructing posters using the information that they had just been given. Prizes were awarded for posters and the posters were displayed for the community to view.

First Nation and Inuit Tobacco Control Strategy

Mackenzie Mountain School BLAST Group

- The BLAST group organized a poster contest for the school that had 40 entries. Prizes were awarded for a number of categories. The group also held a mini-BLAST conference for students at their own school and did an international food event for adults at the legion hall with a focus on tobacco education.

Brighter Futures

Tulita Dene Band

Community Mental Health

- The Family Support Program offered a variety of activities for community members of all ages, particularly children and youth. These included mother and child drop-in once a week, literacy once a week, family programs, presentations, sewing & crafts, youth cooking and community programs.
- Brighter Futures supported a youth coordinator and a trainee to attend a YES conference in Vancouver, B.C. The conference was about youth and what they can achieve for themselves. "Youth are not the Future, Youth are the Now!"
- A Healing Workshop took place in January 2006, for community members in need of healing.

Child Development

- Brighter Futures supported a breakfast program held at Chief Albert Wright School.

Canada Prenatal Nutrition Program

Tulita Dene Band

- A total of twelve cooking groups were held. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through home visits and by playing games (i.e. nutrition bingo). Other services offered included childcare, food supplements or meal bag program, transportation, prizes or incentives and home visits.

First Nations and Inuit Tobacco Control Strategy

Tulita Dene Band

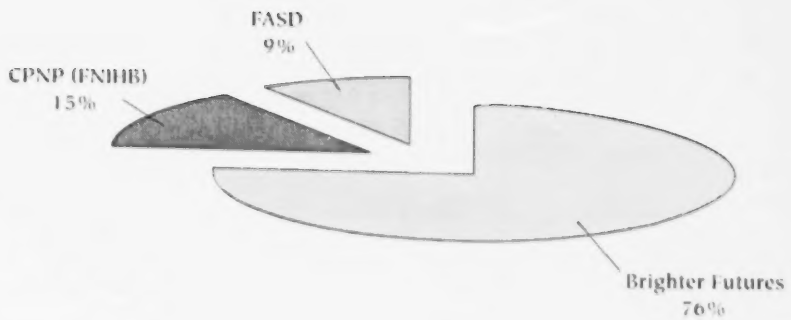
- A Community Tobacco Coordinator was hired for nine hours per month. The Tobacco Coordinator did education sessions in the school and with the prenatal program. The coordinator also did smoke free evening craft and activity sessions at the Family Centre and occasional support nights for people who were attempting to quit smoking. A number of local residents who had successfully quit smoking were interviewed for the radio. Their stories were also made into posters and displayed around town.

BLAST Group

- The BLAST group did presentations to classes in their school and hosted a Tobacco Awareness Open House for the community. The open house was well attended by students. The team also promoted the "Don't be a Butthead" campaign within the school.

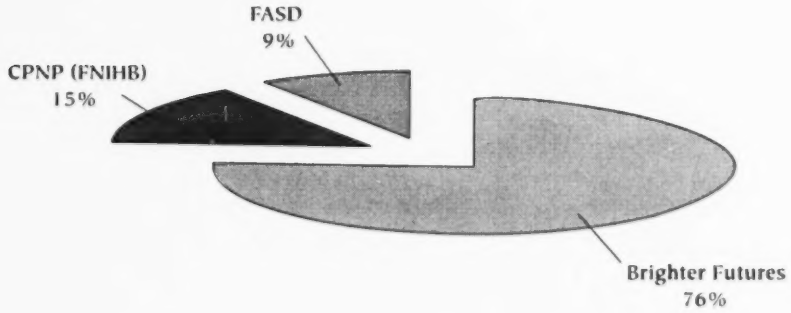
Treaty 8 Region – 2005/2006 Funding

Enterprise				
Fort Resolution	93,098	15,309		108,407
Fort Smith	92,830	15,723		108,553
Hay River/West Point	8,190	4,907		13,097
Lutsel k'e	91,902	19,626	35,492	147,020



Treaty 8 Region – 2005/2006 Funding

	Brighter Futures	CPNP (FNIHB)	AOR	FASD	Territorial Pool	Subtotal	Total
Enterprise							
Fort Resolution	93,088	15,319					108,407
Fort Smith	92,836	15,723					108,559
Hay River/West Point	8,190	4,907					13,097
Lutselk e	91,902	19,626		35,492			147,020
Total	286,016	55,575	0	35,492	0	0	377,083



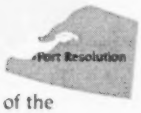
Fort Resolution – Population: 534 Treaty 8 Region

Brighter Futures

Deninu K'ue First Nation

Program Management

- A Coordinator provided counselling services, activities and awareness presentations.



Community Mental Health

- Youth and Elders traveled by boats and chartered planes to their Annual Spiritual Gathering at Lady of the Falls.
- Much Music Video Dance was held in the community to celebrate the end of a successful school year.
- Brighter Futures supported Family Violence Awareness Week activities.
- Activities took place during National Addictions Awareness Week to educate about drug and alcohol abuse.
- Brighter Futures supported Women's Day in order to recognize the hard work women have done in the community.
- The Traditional Challenge was held for community members to take part in different sport events.
- Youth were taught traditional harvesting skills.
- Brighter Futures supported a "Take Back the Night" celebration to inform individuals to be more aware of violence and where to go for help when needed.
- Brighter Futures supported a White Ribbon Campaign to inform individuals to be aware of violence.

Canada Prenatal Nutrition Program

Deninu K'ue First Nation

- Twenty-three cooking groups were held. Nutrition was talked about as part of the program on a one-to-one basis as well as through home visits and a grocery store tour. Nutrition assessments were conducted occasionally by the program coordinator. A total of 139 separate education sessions/ activities were held and breastfeeding activities were offered. Other services offered included food supplements or meal bag program, games, transportation, prizes or incentives, grocery store tour and home visits.

Fort Smith – Population: 2,385 Treaty 8 Region

Brighter Futures

Salt River First Nation

Program Management

- Brighter Futures supported training sessions for staff, on child safety, first aid, program planning, improving communication skills, and report writing.

Child Development

- Brighter Futures supported the Joseph Burr Tyrrell School Snack Program.
- "Our Kids, Our Future" serviced parents and their children. The program offered cooking circles, traditional cooking, child development activities, craft projects for mothers and children, parenting education, community networking and toy lending.
- Brighter Futures supported the Aboriginal Head Start Program.

Canada Prenatal Nutrition Program

Salt River First Nation

- Forty-three cooking groups were held. Nutrition was talked about as part of the program on a one-to-one basis as well as through games and quizzes and a grocery store tour. A total of twelve separate education sessions/activities were held. Breastfeeding activities were offered. Other services offered included games, food supplements or meal bag program, transportation and prizes or incentives.

Hay River – Population: 3,825 Treaty 8 Region

Brighter Futures

West Point First Nation

Community Mental Health

- Four youth and two elders attended a Cultural Camp in the month of September. Elders had the youth hunt and trap during the camp.
- After School Programs were held for youth in the community. Activities included sewing, crafts, watching educational movies, sliding, nature walks and wiener roasts.

Child Development

- Brighter Futures supported the Sport Program which provided recreational activities for youth to take part in such as hockey and gymnastics.

Canada Prenatal Nutrition Program

West Point First Nation

- Twenty-two cooking groups were held. Nutrition was talked about as part of the program on a group basis as well as through games and quizzes. Breastfeeding activities were offered. Other services offered included childcare, games, transportation, prizes or incentives and a community feast.

Lutsel K'e– Population: 414 Treaty 8 Region

Brighter Futures

Lutsel K'e Dene Band

Program Management

- Brighter Futures supported a Program Coordinator who assisted with all wellness programming.

Community Mental Health

- Thirty-two community members, elders and youth took part in the Artillery Lake Bush School trip. They traveled in the barren lands to visit historical sites where the elders of the community grew up and lived in their early life.
- A Healing Program was offered in an attempt to bring community members back together to avoid dangerous, and possibly violent/aggressive behavior. Activities for youth included tea boiling, jigging, sled pulls, square dancing and traditional clothing competitions.
- Brighter Futures supported the Desnethe Che Gathering. The intention of the pilgrimage is to allow the Chipewyan people to reconnect with their ancestors who have been using the area for healing for many years. Stories were shared about historical events and the strengths of the Chipewyan people. Activities included sweat lodges, circle meetings, individual counselling with a drug and alcohol counsellor, drum dances, singing and prayer.

Child Development

- A Special Needs Worker developed programs conducive to the needs of developmentally delayed children in preschool and kindergarten.

Canada Prenatal Nutrition Program

Lutsel K'e Dene Band

- Fifty-two cooking groups were held with approximately 8 prenatal, postnatal, and/or breastfeeding woman and three non-pregnant women of childbearing age attending each session. Nutrition was talked about as part of the program on a one-to-one and group basis, through home visits, a grocery store tour as well as games and quizzes.

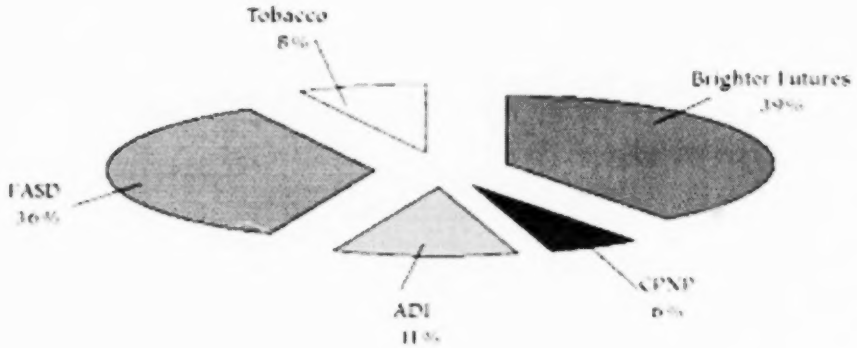
Fetal Alcohol Spectrum Disorder

Lutsel K'e First Nation

- A Comprehensive Community Prevention Plan workshop was held on March 30-31, 2006. Four guest speakers spoke on a variety of topics relating to FASD and three workshops were held for youth to express their thoughts and ideas on FASD prevention in their community.

Yellowknife Region - 2005/2006 Funding

	Brighter Futures	CPNP (NAHO)	ADI FSP	FASD	Tobacco	Total
Yellowknife, N'dilo, Dettah	135,425	18,900	38,480	122,369	26,176	341,350



Yellowknife, N'dilo, Dettah – Population: 19,429

Brighter Futures

Yellowknives Dene First Nation

Program Management

- A full-time Wellness Coordinator was hired to manage all Brighter Futures activities and to provide a range of support services to the community.

Community Mental Health

- Brighter Futures supported transportation for individuals to attend their medical appointments.
- Brighter Futures supported two workers to visit clients at a hospital.
- Annual Feed the Fire Ceremony took place with a community feast afterwards. The Ceremony is to celebrate new life.
- 50-60 participants attended an Elder's picnic.
- Brighter Futures supported a Wilderness Cultural Program. Elders shared their knowledge along with their skills.

Canada Prenatal Nutrition Program

Yellowknives Dene First Nation

- The program offered twenty-two cooking groups. Nutrition was talked about as part of the program on a one-to-one and group basis as well as through home visits, grocery store tour and games and quizzes. A total of 19 separate education sessions/activities were held and breastfeeding activities were offered. Other services offered included games, food supplements or meal bag program, transportation, prizes or incentives, information on breastfeeding, home visits and food vouchers.

First Nations and Inuit Tobacco Control Strategy

Native Women's Association

- A researcher surveyed a sample of aboriginal women in the communities of N'Dilo, Dettah and Behchoko. The results of the survey were distributed at the annual general meeting of the Association and formed the basis for discussions about what actions needed to be taken to reduce the high rates of tobacco use among Aboriginal women.

Mildred Hall School BLAST Group

- Students at Mildred Hall School conducted a survey on smoking behaviors among the students. They did presentations to classrooms, grades three to eight, using Barb Tarbox's video and held a contest to design an anti-smoking t-shirt. The winner's design was printed on shirts that were given away at a school wide anti-tobacco "Trade Fair". Each team member created one fun and interactive station. The whole student population rotated through these stations throughout the day, learning new information at each centre.

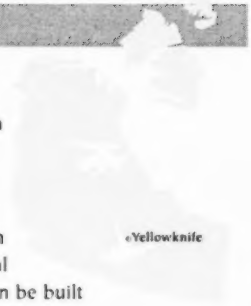
Fetal Alcohol Spectrum Disorder

Yellowknife Association for Community Living

- Two facilitators ran a total of nine sessions on the "Parent Empowerment Project" that was held once per week from January 9 – March 20, 2006. A two-day traditional parenting workshop was also held. The program had sixty two participants, who attended the weekly meetings to gain information, share experiences and learn successful parenting strategies.

- A total of seventy-six participants attended 13 sessions of the "Peer Support Program for Persons Affected by Fetal Alcohol Spectrum Disorder" between December 20, 2005 and March 31, 2006. The program provided support and education to young adults living with FASD.

- A workshop coordinator attended a "Train the Trainer" workshop in March 2005. An "FASD Asset Mapping Workshop" was held in January 2006. 20 participants attended and worked in two groups to identify key assets, resources and players that can be used to develop additional prevention and intervention services. Participants also identified community strengths that can be built upon, and ways in which various groups/services can collaborate in the development of an action plan.



Dene Nation

- Fifty Elders from communities all across the Territory traveled to Yellowknife to attend the Elder's Health Conference entitled "Capacity Building for Care Providing Grandparents of Children with FASD." The conference was held March 6-10, 2006 and topics covered included FASD, characteristics of those affected by FASD, the financial burden of FASD, how to prevent FASD and how alcohol affects a developing fetus.

Aboriginal Diabetes Initiative

Department of Health & Social Services

- 1,920 students from thirteen schools across the Territory joined in the "Drop the Pop" competition. Schools that registered by a set deadline were eligible for funding to organize activities that support the healthy messages of Drop the Pop. In total, five schools were awarded $2,000.00 based on the best participation rates. This funding was then used for healthy eating and/or active living initiatives within the school.

Dene Nation

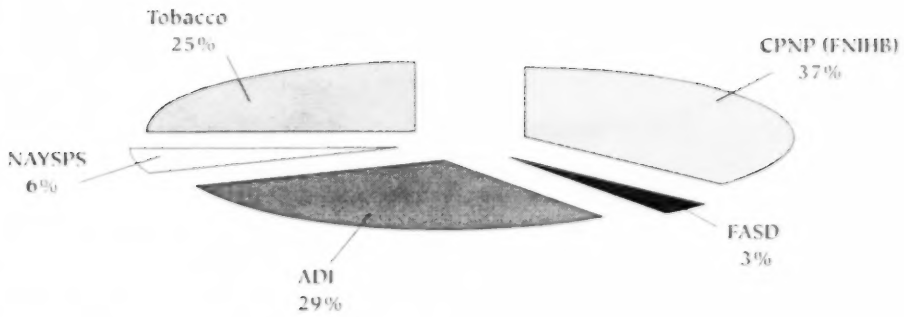
- Six schools registered to take part in the "Drop the Pop" challenge. Activities organized by these schools included making healthy drinks, distribution of water bottles, smoothie bar, purchase a school juice dispenser and healthy traditional lunches.

Stanton Territorial Hospital

- Ten mini clinics were conducted by the "Diabetes Care Network", which is an outreach program consisting of travel clinics to communities in order to screen for diabetes complications. Diabetes educators provided diabetes education, screening and care.
- Patients were provided with pamphlets and/or other educational information as required.
- One RN attended the Canadian Diabetes Association's Annual Conference in Edmonton, AB from October 19-22, 2005. Twelve RN's attended a Foot Care Training in Yellowknife, NT from February 27 – March 1, 2006. Six people attended the National Aboriginal Diabetes Association Conference in Winnipeg, MB from February 13-15, 2006.
- The Diabetes Educator partnered with the Native Women's Association by facilitating aspects of their "Caring for Yourself, Caring for Others" workshops relating to diabetes education and self care.

NWT Regional Projects – 2005/2006 Funding

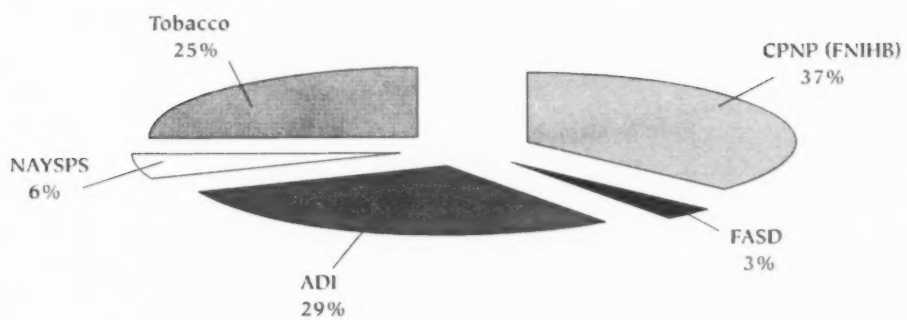
Beaufort Delta Health and Social Services Authority	135,000					135,000
Centre for Northern Families					44,000	44,000
Department of Health and Social Services		13,227	20,705	182,740		216,672
Native Women's Association of the NWT		71,764				71,764
Stanton Territorial Hospital Authority		120,055				120,055
Yellowknife Health and Social Services Authority	134,469					134,469



NWT Regional Projects

NWT Regional Projects - 2005/2006 Funding

Beaufort Delta Health and Social Services Authority		135,000					135,000
Centre for Northern Families						44,000	44,000
Department of Health and Social Services			13,257	20,705	182,710		216,672
Native Women's Association of the NWT			71,584				71,584
Stanton Territorial Hospital Authority			125,055				125,055
Yellowknife Health and Social Services Authority		134,469					134,469
TOTAL		269,469	209,896	20,705	182,710	44,000	726,780



NWT HEALTH AND SOCIAL SERVICES 50

NWT Regional Projects

Canada Prenatal Nutrition Program

Yellowknife Health & Social Services Authority

- The CPNP Nutritionist Support Project provided nutrition screening, education, counselling, nutritional support systems such as high quality foods for prenatal, postnatal and breastfeeding women to all CPNP community programs in the Southern half of the Territory. The Nutritionist also developed the knowledge, skills and attitudes of CPNP program workers in nutrition and core program competencies, ensured the basic nutrition standards are followed by CPNP workers, promoted and supported breastfeeding in CPNP programs, and supported timely and relevant reporting by CPNP program workers.

Inuvik Health & Social Services Authority

- The CPNP Nutritionist Support Project provided nutrition screening, education, counselling, nutritional support systems such as high quality foods for prenatal, postnatal and breastfeeding women for all CPNP programs in the Northern half of the Territory. The Nutritionist also developed the knowledge, skills and attitudes of CPNP program workers in nutrition and core program competencies, ensured that basic nutrition standards are followed by CPNP workers, promoted and supported breastfeeding in CPNP programs and supported timely and relevant reporting by CPNP program workers.

First Nations and Inuit Tobacco Control Strategy

Department of Health & Social Services

- The Territorial Tobacco Coordinator provided education and awareness to Aboriginal communities as well as providing specific support to those communities who received funding under the Tobacco Control Strategy. The coordinator administered the community projects component of the FNIHB tobacco strategy and has worked closely with communities to develop realistic community projects. The Coordinator maintained regular communication with projects, assisting them with planning and implementation, and monitoring progress.
- A BLAST Student Tobacco Conference was held in Yellowknife October 21-23, 2005. The purpose of the BLAST program was to empower youth to take action in their schools and communities towards tobacco prevention. At the conference, BLAST students were given the information and skills necessary to carry out their tobacco reduction projects.
- A pamphlet based on the "Second Hand Smoke Hurts" poster that was developed last year, was produced and distributed to communities throughout the NWT.
- Three 30-second television ads were developed. The ads were done in Dogrib, North Slavey and South Slavey. The ads were aired on APTN during Aboriginal language programming from October 3 – November 20, 2005. The ads were also produced as radio announcements and aired on CKLB's North Slavey, South Slavey and Dogrib radio shows for nine weeks starting January 23, 2006 and running until March 31, 2006 for a total of 150 airings.
- A series of four, 30-second English TV ads were developed from video interviews with three Aboriginal people who were speaking about a loved one that had passed away due to the effects of tobacco use.
- A series of newspaper ads were done with the caption "Look Who's Quit". This was to create awareness of people who have successfully quit smoking, to provide role models for quitting from all around the North, and to provide key messages and tips on quitting in the form of a personal quote from the individual featured.
- Smoke free athlete T-shirts were produced for use with Aboriginal athletes who make a commitment not to smoke under the "Don't be a Butthead" campaign.
- During planned community visits, the Tobacco Coordinator also met with a community CPNP worker in order to review tobacco resource materials and how they are used at the community program. The coordinator did a number of workshops with CPNP programs. Copies of the brochure "Second Hand Smoke Hurts" were sent to all NWT CPNP programs.

NWT Regional Projects

National Aboriginal Youth Suicide Prevention Strategy

Centre For Northern Families

- Eight young Northern women from Yellowknife, the Tlicho and Tuktoyaktuk completed a three-week "Free to Be Me" peer-training program which allowed them to explore their self-image, strengths, limitations, feelings and histories. Participants learned about mediation, self esteem, anger management, conflict resolution, conflicting value systems and the effects of colonization and trauma on all aspects of functioning. These participants are now more able to assist other youth who are at risk

Fetal Alcohol Spectrum Disorder

Department of Health & Social Services

- 352 Healthy Family Prenatal Kits were mailed out to medical clinics, public health units, and prenatal programs throughout the Territory. Pregnant and postnatal women have many sources (prenatal programs, doctors, hospitals, etc.) that can provide them with the kits thereby ensuring that all women receive one.

- Ten Healthy Family Program Staff members from five communities attended the "Great Kids- Healthy Family Program Training Course" that was held in Yellowknife March 13-17, 2006.

Aboriginal Diabetes Initiative

Native Women's Association

- Three workshops on "Caring for Yourself, Caring for Others" were held, one in each of Hay River, Fort Good Hope and Tulita. Forty-seven women and two men came from seven communities across the Territory to participate in the workshops.
- Two women from Fort Good Hope traveled to Winnipeg for the National Aboriginal Diabetes Association's Annual Conference entitled, "Walking Together to Fight Diabetes".